Ms. Tina T. O'Sullivan, a nationally certified massage therapist, gives a massage to a client. The HAWC offers a variety of massage therapy sessions throughout the week. Appointments are necessary and prices vary according to the session.



Health and Wellness Center wins best in ACC "HAWC in" healthy lifestyles

By Staff Sgt. Ed Scott **AWFC** Public Affairs

Center was recently selected health habits. Promotion Program Award called the Goal is Fitness and

center received this award for pressure and cholesterol team accomplishments and collaboration with other base HAWC on a walk-in basis. agencies throughout the year.

The HAWC's goals included year, increasing the number are taking to improve their cholesterol screened.

The team accomplished that." this by increasing the Along with trying to number of participants in increase program publicity, Squadron, relaxes in tobacco cessation classes the HAWC offers to bring the massage chair in through referrals by providers certain programs to the unit. and squadron wellness

increase the number of people the work area," she said. The Health and Wellness exercising and improving ends with a Health Fair and traveling kitchen and will According to Mrs. Laura the Health Fair 5K Run/Walk. do nutrition classes Weart, HAWC director, the Throughout the year blood goals, screenings are offered and screenings are provided at the

"We're pleased with the number of people using our tobacco use by 2 percent per services and the steps they of individuals exercising at health," Mrs. Weart said. "But least three times per week for at the same time, there are at least 30 minutes and many people that are not increasing the number of aware of the Health and participants who have had Wellness Center and the their blood pressure and programs available to help them, and we need to change

"We're able to do fitness monitors. Activities such as assessments and teach

The the HAWC, Mrs. Weart said as Air Combat Command's competition includes a 5K the staff offers classes on kitchen. We even have a

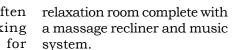
the relaxation room at

the HAWC.

the Commander's Wellness classes to include nutrition offered at the HAWC often relaxation room complete with Cup competition help to and stress management in include food cooking a massage recliner and music demonstrations For individuals able to visit participants in the HAWC kitchen."

For those who feel stressed, Best Large Base Health Fun Run/Walk every Friday nutritional cooking in their the HAWC offers stress management classes, a therapy program and a





"Mrs. Weart and her staff offer outstanding services to Team Nellis and this outstanding award confirms this fact," said Col. Andrew commander. "I encourage everyone to check out their services - even if you have an exercise program. They have







Top, Ms. Katie Heimburger, health fitness instructor, offers exercise advice to Staff Sgt. Ralph Resch from the 99th Supply Squadron. Instruction and assistance is given on an individual basis and is geared toward your personal goals. Left, Ms. Heimburger, teaches a People with Arthritis Can Exercise